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4. An adsorbent according to claim 1, wherein said adsorption basis is a carbonaceous material possessing the ability to effect adsorption. 6. An adsorbent according to claim 1, wherein said gel-like substance is the divalent metallic salt of a/macromolecular polycarboxylic acid. 8. An adsorbent according to claim 1, wherein said gel-like substance is soybean curd, jelly, konjak, agar, pefilla, gelidium jelly, or chitosanoxalic acid salt gel. 9. An adsorbent formed by drying an adsorbent set forth in claim 1. 12. An adsorbent according to claim 10, wherein said adsorbent moiety comprises an adsorbent set forth/in claim 1. 13. An agent for removal by adsorption of a harmful substance, which comprises an adsorbent set forth in plaim 1. 18. An agent for the removal by adsorption of a surplus nutrient assimilated in the digestive system, which agent comprises an adsorbent set forth in claim 1. 19. An agent for the removal by adsorption of the intermediate metabolite of alcohol formed in the digestive system in consequence of the assimilation of said alcohol, which agent comprises an adsorbent set forth in claim 1.